



Grant County Health Dept

111 South Jefferson St, Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

Volume XXV Issue IV

April 2019

Be Active!

It is Spring time. The flowers are blooming. Birds are chirping. The weather is warming. Now is the time to get outside and be active. Being physically active is important for the health of your body and mind.

- For children engaging in physical activity can improve their muscular fitness and encourage heart and bone health.
- Adults that are regularly physically active lower their risk of diabetes, heart disease, and certain types of cancer.
- In older adults who engage in an active lifestyle they decrease their risk of falls and can improve their cognitive function.
- Evidence shows that people who are physically active also feel happier and are less likely to be depressed.

Grant County and the surrounding area have many opportunities to enjoy the great outdoors. Bordering the Mississippi River, we have access to America's greatest river. The bluffs and valleys of Northern Grant County are also spectacular.

Places to go walking and enjoy the beautiful outdoors in and around Grant County:

- Nelson Dewey State Park, Cassville, WI
- Wyalusing State Park, Bagley, WI
- Grant River Recreation Area, Potosi, WI
- Roundtree Trail, Platteville, WI
- Mines of Spain, Dubuque, IA
- Governor Dodge, Dodgeville, WI
- Yellowstone State Park, Darlington, WI

Source: Healthfinder.gov



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.

How Many Calories Do You Burn?

The following chart shows the approximate calories used (burned) by a 5'10", 154-pound man in 1 hour and in 30 minutes.

MODERATE physical activities:

	1 Hr	30 min.
Hiking	370	185
Gardening/yard work	330	165
Golf (walking)	330	165
Bicycling	290	145
Walking (3.5 mph)	280	140

VIGOROUS physical activities:

	1 Hr	30 min.
Running/jogging (5 mph)	590	295
Bicycling (over 10 mph)	590	295
Swimming (slow laps)	510	255
Aerobics	480	240
Basketball (vigorous)	440	220

Source: How many calories does physical activity use (burn)?
www.ChooseMyPlate.gov

Brought to you by Donna Peterson, Nutrition Educator and Coordinator
 in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

May 1st—Late Muscoda Kratochwill
 Bldg—2:00pm to 6:30pm

May 2nd—Platteville Lutheran Church
 of Peace - 9:00am to 3:30pm

May 8th—Fennimore United Methodist
 Church 9:00am to 3:30pm

May 14th—Boscobel United Methodist
 Church—9:30am to 3:30pm

May 16th—Late Platteville Lutheran
 Church of Peace—3:00pm to 6:30pm

May 21st—Cuba City St Rose
 Mazzuchelli Hall - 9:30am to 3:30pm

May 28th—Lancaster Schreiner
 Memorial Library—9:00am to 3:30pm

Jun 4th—Boscobel United Methodist
 Church—9:30am to 3:30pm

Jun 5th—Fennimore United Methodist
 Church 9:00am to 3:30pm

Jun 6th—Platteville Lutheran Church
 Of Peace 9:00am to 3:30pm

Jun 11th—Cuba City St Rose
 Mazzuchelli Hall 9:30am to 3:30pm



Grant County Health Dept will be
 closed on May 27th

Get Rid of Old Medications

The communities below have permanent drop off sites for you to drop off your old or unwanted medications. Items that are accepted at all four sites without calling ahead are: pills/capsules (prescription and over the counter) and sealed medicine powder packets (place packets in a sealed Ziploc® type bag).

Platteville: The Platteville Police Dept at 164 North Fourth Street. The items are accepted 7 days a week/24 hours a day. However, liquids, lotions, ointments, and patches are accepted only if they are securely sealed in a Ziploc® type bag, one bottle per bag. (608) 348-2313.

Muscoda: The Muscoda Police Dept at 206 N Wisconsin Avenue. Medications can be dropped off whenever village hall is open. Call ahead to drop off liquids. (608) 739-3144.

Lancaster: Lancaster Police Department Lobby. Medication is accepted 7 days a week/24 hours a day. Drop off pills in their original containers or seal the pills in a Ziploc® type bag. Call ahead for liquids, lotions, ointments, and patches. Please securely seal these items in a Ziploc type bag, one bottle per bag. (608) 723-4188.

Fennimore: Memorial Building, 860 Lincoln Ave. Medication is accepted whenever Memorial Building is open. Call ahead for liquids. 608-822-3215.

Dickeyville: The Dickeyville Police Dept at 500 East Ave in Dickeyville. (608) 568-7284.

THEY CAN NOT TAKE:

Thermometers—Hydrogen Peroxide—Inhalers—Bloody or Infectious Waste—Needles (sharps)
Auto-Injectors—Aerosol Cans



The Lowdown on STDs

Sexually Transmitted Diseases (STDs) are generally spread through sexual contact. Sexual contact includes vaginal, anal, and oral sex. Some examples of STDs include chlamydia, herpes, gonorrhea, HIV (Human Immunodeficiency Virus), syphilis, or HPV (Human Papillomavirus). Many STDs do not cause symptoms, and it is important to practice STD prevention. Depending on the disease, serious health consequences can occur, like pelvic inflammatory disease, infertility, warts, cancer or other health problems in extreme cases, if left untreated.

What you can do to prevent the transmission of STDs:

- Use a latex condom correctly every time during vaginal, anal, and oral sex.
- Abstinence, not engaging in any sexual contact.
- Vaccines are available that protect against hepatitis A, B, and HPV.
- Testing followed by mutual monogamy, where you and your partner agree to be sexually active only with each other.

Many sexually transmitted diseases can be cured or managed. It is important to seek routine testing if you are sexually active.

Get Vaccinated Before You Start Gardening

Vaccinations can prevent many diseases and save lives. All adults should get a tetanus vaccination every 10 years. Tetanus lives in the soil and enters the body through breaks in the skin. Because gardeners use sharp tools, dig in the dirt, and handle plants with sharp points, they are particularly prone to tetanus infections.

- Before you start gardening this season, make sure your tetanus/diphtheria (Td) vaccination is up to date.
- Ask your health care provider if you need any other vaccinations.

Source: CDC

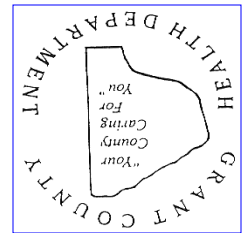


Save the Date—June 18th Grant County Rural Safety Day

Rural Safety Day is a program designed to provide youth skills that will help them stay safe in our rural environment. They will learn how to identify possible hazards and to respond correctly if an accident does occur. Safety topics planned: ATV, electrical, seat belt, grain, bike, gun, boat and drug and tobacco. Topics subject to change due to availability of speakers.

It will be held at the Grant County Fairgrounds in Lancaster from 9:30 am to 3:00 pm (Registration starts at 8:45am) There is no cost to the program. **(Lunch and snacks provided).**

Registration forms will be sent home through school. For more information/registration forms, please contact the Grant County Health Dept at 608-723-6416. Forms can also be found on the county website www.co.grant.wi.gov under Health Dept then Brochures. Registration forms are due to the Grant County Health Dept by June 14th.



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